WHAT'S KEEPING YOU UP AT NIGHT?

The 5 questions women ask once they know their marriage is ending.

You may not know exactly what comes next, but you know you need to start thinking strategically.

01

What should I do first?

There's a lot to consider, but not everything needs your attention today.

Start by understanding your situation, identifying what matters most and separating the urgent from what can wait.

02

How do I protect myself financially?

Before making major financial decisions, get clear on what you have, what you owe and what your financial picture actually looks like.

Gather the information you'll need to make informed decisions.

03

Who do I need on my side?

You don't have to figure out your entire divorce team on your own.

A family lawyer, financial professional, divorce coach and other professionals may each play a different role.

The best time to build your team is before you need them.

04

How am I going to get through this without making a mistake?

Divorce can create pressure to act quickly.

But taking time to understand your options can help you make decisions from a position of clarity rather than fear, anger or urgency.

05

What will my life look like on the other side?

Divorce isn't only about separating what you have today.

It's also about thinking strategically about where you want to be next, financially, personally and professionally, and making decisions that support that future.

YOU DON'T HAVE TO FIGURE IT ALL OUT AT ONCE.

The first step isn't getting everything done. It's getting clear on what matters and who can help.

SAVE THIS FOR WHEN YOU NEED IT

General information, not legal advice.
Book a Private Divorce Clarity Session — link in bio

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